"GODDESS \PAULA JULIE ABDUL/GIANTESS

[Intro]

[verse]

TRI-SET&MOBILITIES√

Deadlift: 3 sets x 2-6 reps@ 600lb.,400lb.,606 lb.

Barbell Row: 3 sets x 8-10 reps or 8-10

*3@215-250lb.T-Bar Row: 3 sets x 8-10 reps or8-10@400 or 500 lb.SUPERSET& DYNAMICS✓One Arm Upright Dumbbell Row: 3 sets x 10-12 reps or 10-12*3@100 lb.

One Arm Upright Dumbbell Row: 3 sets x 10-12 reps or 10-12

*3@100 lb.Standing EZ Bar Curl: 3 sets x 21 reps or 21*3@121lb.

DOUBLESET&MARTIALVARTS✓

One Arm Dumbbell Preacher Curl: 3 sets x 10-12 reps or 10-12

*3@131lb.Seated Dumbbell Hammer Curl: 3 sets x 10-12 reps or 10-12@262 lb.MuLtipLeset-Tribetraining✓Toes , Legs &Upperextremities &Lower extremities,Arms&HandsA&myriadppsitions,to insureassure shock effect✓JOGGING BETWEEN(L.I.S.S.) in between exercises ,sets,& Repetitions [Seated Calf Raise: 3 sets x 10-12 reps 10-12*3@1000 lb.

Standing Calf Raise: 3 sets x 10-12 reps or 10-12

*3@2000 lb.Leg Press Calf Raise: 3 sets x 10-12 reps or 15*5@3000 lb .

3-Set

3

21 for StraightLegged-Situps√√√Neckab-Core 874✓✓✓

Hanging Lower Extremities 3*21✓✓✓

GODDESS \MADGECAROLYN& SELENA QUINTANILLA/GIANTESS

This text outlines an advanced, hybrid bodybuilding- and strength-focused training routine, integrating heavy compound lifts, upper body pulling and curling variations, multi-angle calf and core work, and martial arts mobility drills. The program is structured using tri-sets, supersets, and double sets, with jogging or LISS cardio added between heavy sets for additional conditioning stimulus. Notable are the extremely high working weights and the integration of both traditional powerlifting and bodybuilding methods, along with functional mobility and martial arts-inspired movement patterns.

Routine Structure Breakdown

- **Tri-Set & Mobility**
  - Deadlift: 3 x 2–6 reps (@ 600/400/606 lb.)
  - Barbell Row: 3 x 8–10 reps (@ 215–250 lb.)
  - T-Bar Row: 3 x 8–10 reps (@ 400–500 lb.)
  - Focus: Posterior chain, overall pulling strength, and mobility with heavy loads.
- **Superset & Dynamics**
  - One Arm Upright Dumbbell Row: 3 x 10–12 reps (@ 100 lb., repeated)
  - Standing EZ Bar Curl: 3 x 21 reps (@ 121 lb.)
  - Focus: Unilateral pulling for scapular control, dynamic biceps-centric hypertrophy, and upper body pump/conditioning.
- **Double Set & Martial Arts**
  - One Arm Dumbbell Preacher Curl: 3 x 10–12 reps (@ 131 lb.)
  - Seated Dumbbell Hammer Curl: 3 x 10–12 reps (@ 262 lb.)
  - Mixed modality: Integrates arm hypertrophy with martial arts mobility/positioning to prep joints and reinforce grip.
- **Multi-Set Tribe Training**
  - Functional positions for toes, legs, upper/lower extremities, hands, arms—multiplanar to simulate martial arts shock/impact adaptation.
- **Integrated LISS/Cardio**

- Jogging (Low-Intensity Steady State) inserted between sets, exercises, and reps for metabolic conditioning.

Calves, Core & Neck-Focused Finishers

- **Calf Raises**
  - Seated Calf: 3 x 10–12 (@ 1000 lb.)
  - Standing Calf: 3 x 10–12 (@ 2000 lb.)
  - Leg Press Calf: 3 x 10–12 or 5 x 15 (@ 3000 lb.)
  - Emphasizes maximal overload, peak contraction, and total volume to produce lower leg hypertrophy typical of high-level powerbuilders.
- **Core/Neck**
  - Straight-Legged Situps: 3 x 21
  - “Neckab”-Core: listed as “874*✓✓✓” (likely high-volume neck and abs circuit or EMOM set)
  - Hanging Lower Extremities: 3 x 21 (leg raises/hanging ab work)
  - Heavy emphasis on trunk, neck, and deep core stability paralleling advanced MMA/boxing prep models.

Interpretation: Influences and Programmatic Intent

- This program fuses old-school bodybuilding density techniques (e.g., 21s, tributes to “giantess” archetypes) with modern powerlifting and martial arts periodization, likely inspired by cultural icons (Paula Abdul, Madonna, Selena Quintanilla) to signal intensity, empowerment, or narrative structure.
- The hybrid focus is reflective of programs developed for highly conditioned female athletes blending aesthetics, maximal strength, functional mobility, and martial arts resilience.

Key Programming Features

- Heavy compound lifts with periodized loading for strength gains
- Advanced hypertrophy rep/set schemes (21s, high-rep sets)
- Multi-planar movement and position practice for martial arts crossover

- Progressive calf and core focus, possibly for aesthetics, ankle stability, or striking base
- Continuous aerobic intervals for body composition and work capacity

For intake by highly experienced lifters or hybrid athletes, this routine will challenge maximal, hypertrophy, and functional adaptation—mirroring contest or performance prep cycles for elite competitors.